

### Abstract of the Disclosure

-----A method and apparatus that provides resistance to train for-----  
acceleration and the stretch-shortening cycle through a range of motion that  
5 simulates a particular sport or motion of a particular sport. The joint is isolated  
using a three contact point stabilization system. The isolated joint is trained using  
supra-maximal techniques designed to achieve both maximum acceleration and a  
minimum stretch-shortening cycle.

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M2:20323906.01